

Minutes of the Regular Meeting of Friends of Wayland Youth and Family Services

held at 7:00pm on December 11, 2017
at the Wayland Town Building

Attendance: Deb LaPierre, president; Eliza Mosurick, clerk; and Jason Verhoosky, WYFS

Agenda items:

FRIENDS BUSINESS

A donation check was received. Deb will deposit, and send a thank you note [ACTION ITEMS], keeping a copy as a template for the future.

Plans for a party to seek new Friends will be revisited in January, with February as the likely month for an event.

MORATORIUM ON RECREATIONAL POT SHOPS

Following the successful vote for a 6 month moratorium on permitting and opening recreational pot shops in town, Wayland Cares has begun working on zoning and bylaws warrant articles for spring town meeting. In addition, the Youth Advisory Committee is drafting language for an opt-out article.

POTENTIAL PROGRAMMING

Sejal Srinivasan had contacted Deb about possibly showing "Race to Nowhere", in collaboration with Friends, sometime in the spring. Subsequent to our meeting, she ultimately decided to offer a talk titled "Finding the Right Balance with Activities" to be given by Dr. Evans of HRS on February 1st. Her organization **[WHAT IS IT?]** has a number of wellness topics planned for the spring and they would be interested in co-marketing these events.

It was noted that discussion opportunities have been well received and successful elements of recent events, so pairing a movie or talk with an opportunity for parent involvement seems like a desirable format.

Discussion:

Jason shared that parents attending a recent PIE meeting had been particularly interested in the stress and anxiety components of the recently released Metrowest Adolescent Health Survey. Wayland students in 6th through 12th grade complete the survey, and data relates to Wayland Cares receiving grant funding. Initiatives undertaken in response to the survey results include efforts around connectivity, as only 70% of Wayland students reported feeling "a part of" the community, and teaching younger students to recognize and name stress.

Related links:

EDC, the organization that administers the survey:

<https://www.edc.org/metrowest-adolescent-health-survey>

**Minutes of the Regular Meeting
of Friends of Wayland Youth and Family Services**

held at 7:00pm on December 11, 2017

at the Wayland Town Building

AND

a document summarizing highlights from the 2016 survey:

[https://www.mwhealth.org/Portals/0/Uploads/Documents/
2016%20Adolescent%20Health%20Survey%20High%20School.pdf](https://www.mwhealth.org/Portals/0/Uploads/Documents/2016%20Adolescent%20Health%20Survey%20High%20School.pdf)

Summary:

The next meeting will likely be in mid-January, date TBD.